

1 WHAT IS CLAIMED IS:

2 1. A swimming exerciser adapted to be fitted to a swimming pool, comprising:
3 a pair of height adjusting devices each having a base for secure engagement
4 with respective sides of the swimming pool, and a pole mounted on the base and
5 provided with a slot and multiple cutouts defined in the pole to communicate with the
6 slot;

7 a pair of resilient devices each having a positioning block, a head extending
8 from a side of the positioning block to be movably received in a corresponding one of
9 the cutouts and an elastic strap oppositely formed relative to the head and having a hook;
10 and

11 a trapping device having a loop and two opposed rings on the loop to correspond
12 to the two hooks of the two resilient devices,

13 whereby after a swimmer's waist is received in the loop, the swimmer is able to
14 swim in a supported manner in the swimming pool.

15 2. The swimming exerciser as claimed in claim 1, wherein a flotation board is
16 attached to a side of the loop to help the swimmer to float on the surface of water in the
17 swimming pool.